



2017

## ANNUAL WELLNESS ASSESSMENT

### SCREENING SCHEDULE

#### Week 1

DATE	TIME	ATTENDEES	LOCATION
Monday, Aug. 7	6:30am - 11:00am	Raleigh Police Department / Retirees	RPD Training Academy 4205 Spring Forest Road
Tuesday, Aug. 8	7:00am - 10:00am	NRWWTP / South Raleigh PU Sites / Retirees / RFD	Neuse River Wastewater Treatment Plant 8500 Battle Bridge Road
Tuesday, Aug. 8	6:30pm - 8:30pm	All Employees / Retirees / Spouses	Millbrook Exchange Park Community Center 1905 Spring Forest Road
Wednesday, Aug. 9	7:00am - 10:00am	EMJWTP / North Raleigh PU Sites / Retirees / RPD / RFD	E.M. Johnson Water Treatment Plant 10301 Falls of Neuse Road
Thursday, Aug. 10	5:30am - 9:00am 4:30pm - 8:00pm	First Responders Only: ECC / RPD / RFD	Emergency Communications Center 2310 Westinghouse Boulevard
Friday, Aug. 11	7:00am - 10:00am	TFS / Parks Maintenance / VFS / Heavy Equipment / Retirees / RPD / RFD	Transportation Field Services (Central Ops) 2550 Operations Way

#### Week 2

DATE	TIME	ATTENDEES	LOCATION
Monday, Aug. 14	6:00am - 10:00am	Water Distribution / Meters / East Raleigh PU Sites / Retirees / RPD / RFD	Lake Woodard Operations Center 3324 Lake Woodard Drive
Tuesday, Aug 15	6:00am - 10:00am	Warehouse / Sewer Maintenance / Utility Billing Retirees / RPD / RFD	Lake Woodard Operations Center 3324 Lake Woodard Drive
Tuesday, Aug. 15	6:00pm - 8:00pm	All Employees / Retirees / Spouses	Barwell Road Commuinty Center 5857 Barwell Park Drive
Wednesday, Aug. 16	6:30am - 11:00am	SWS / Retirees	Solid Waste Services 630 Lake Beacon Drive
Thursday, Aug. 17	7:00am - 11:00am	TFS / Parks Maintenance / VFS / Heavy Equipment / Retirees / RPD / RFD	Transportation Field Services (NERO) 3228 Spottswood Street
Thursday, Aug. 17	4:30pm - 8:00pm	First Responders Only: ECC / RPD / RFD	Emergency Communications Center 2310 Westinghouse Boulevard
Friday, Aug. 18	7:00am - 10:00am	GoRaleigh / Retirees / RPD / RFD	GoRaleigh 4104 Poole Road

Week 3			
DATE	TIME	ATTENDEES	LOCATION
Monday, Aug. 21	6:30am - 11:00am	Parks Maintenance / RPD / RFD / Retirees / Spouses	Marsh Creek Community Center 3016 N New Hope Road
Monday, Aug. 21	6:00pm - 8:00pm	All Employees / Retirees / Spouses	Marsh Creek Community Center 3016 N New Hope Road
Tuesday, Aug. 22	7:00am - 11:00am	RMB 1st-2nd Fl. / OEP 1st-5th Fl. / RFD / RPD / Dillon Bldg. 1st Fl. / Prof. Bldg. / GoRaleigh / City Council / RPD / RFD / Retirees / Spouses	Raleigh Conference and Convention Center 500 S Salisbury Street <a href="#">Conference Rooms 301, 302, 303</a>
Wednesday, Aug. 23	7:00am - 11:00am	RMB 3rd-4th Fl. / OEP 6th-10th Fl. / GoRaleigh / Prof. Bldg. / Dillon Bldg. 2nd Fl. / RPD / RFD / City Council / Retirees / Spouses	Raleigh Conference and Convention Center 500 S Salisbury Street <a href="#">Conference Rooms 301, 302, 303</a>
Thursday, Aug. 24	7:00am - 12:00pm	RMB 5th-6th Fl. / Prof. Bldg. / RCC / Performing Arts / RPD / RFD / Dillon Bldg. / City Council / Retirees / Spouses	Raleigh Conference and Convention Center 500 S Salisbury Street <a href="#">Conference Rooms 301, 302, 303</a>
Thursday, Aug. 24	6:00pm - 8:00pm	All Employees / Retirees / Spouses	Five Points Center for Active Adults 2000 Noble Road
Friday, Aug. 25	7:00am - 12:00pm	All Employees / Retirees / Spouses	Raleigh Conference and Convention Center 500 S Salisbury Street <a href="#">Conference Rooms 301, 302, 303</a>

You may also have your primary care physician (PCP) perform your screening and complete the PCP Form available by email request to: [screening@provataforms.com](mailto:screening@provataforms.com)

Both you and your physician must sign the PCP Form. Return the completed form to: [screening@provataforms.com](mailto:screening@provataforms.com)

**PREPARING FOR YOUR BIOMETRIC SCREENING:**

- *Fast for 9-12 hours ahead of your screening.*
- *DO NOT eat or drink anything except water. Black coffee or tea is also fine, but do not use cream or sugar.*
- *DO take all medications as directed by your physician(s) as you normally would.*
- *DO drink plenty of water before your screening to stay hydrated.*
- *If you have a medical condition that does not allow you to fast for 9-12 hours, please follow your healthcare provider's instructions.*
- *DO wear a loose fitting shirt that allows you to roll up your sleeve for a blood pressure check.*

Employees should attend their scheduled times and locations to complete the AWA process. If you are unable to attend your scheduled AWA screening, you must make plans to attend another, with the exception of First Responder Only events. You may contact the Human Resources Department at (919) 996-3315, if you have any questions or require additional information.

You can sign up for your biometric screening online at: [RaleighWellnessForLife.com](https://RaleighWellnessForLife.com)

